

Care of the Baby in Winter

Prepared by the Children's Bureau, United States Department of Labor.

Article No. 4.

In this series of articles we have been dealing with the early life of a baby, after birth; we have not considered the equally important care of the baby in the months of his life before birth. The necessity for this care is apparent from the fact that statistics show that many thousands of babies die every year in the early days of life either because they were born prematurely, or because they were born too weak to survive. A very large number of them lose their lives because the mothers did not have proper care before they were born, or at the time of childbirth. Every woman expecting a baby should have such care as will result in the birth of a healthy and happy baby.

A prospective mother needs a light, nutritious diet of digestible foods, such as she likes and her appetite demands. Fried and greasy foods, heavy puddings, and all heavy or underead pastries, or an excess of any one article should be eliminated from her diet, as well as anything which she does not readily digest.

She should have a full movement of the bowels every day, and for this purpose should eat plenty of laxative foods, rather than resort to medicines. She should have at least eight hours of sleep at night and another hour during the day with all the bedroom windows open, if she has no out-of-door sleeping room. She should have systematic exercise in the open air every day, spending the time pleasantly in walking or in taking some form of light exercise, except at the normal time of the menstrual period, when it is better to rest. She should be careful not to continue her exercise beyond the point when she becomes tired.

She should have a daily tub or sponge bath, having the water neither hot nor very cold, and should rub the skin vigorously afterward.

During the last eight weeks of pregnancy she needs special care. The nipples should have attention each day, according to directions given in a publication of the children's bureau called "Prenatal Care," which is sent free upon request to the chief of the children's bureau, United States de-

partment of labor, Washington, D. C. Throughout this stage of pregnancy the mother should as far as possible be spared all forms of heavy and taxing labor, in order that her strength may be built up in anticipation of the coming demand upon it. The baby's proper development also depends largely upon the mother's condition at this time, since the baby gains half his weight in the last eight weeks of pregnancy. Therefore, if he is to be born strong and healthy, it is most important that the mother have plenty of good food, and be spared undue work and worry through this crucial period. To help the mother, to afford her opportunity for rest and to relieve her mind of any burden, may entail both expense and trouble upon the family, but it will be repaid a thousandfold in the health of the mother and baby which will result from the effort, not only for the time being, but forever afterward.

The mother of the expected baby should be under the care of a good doctor as long before the birth as possible, in order that he may watch for and correct any untoward symptoms that may arise.

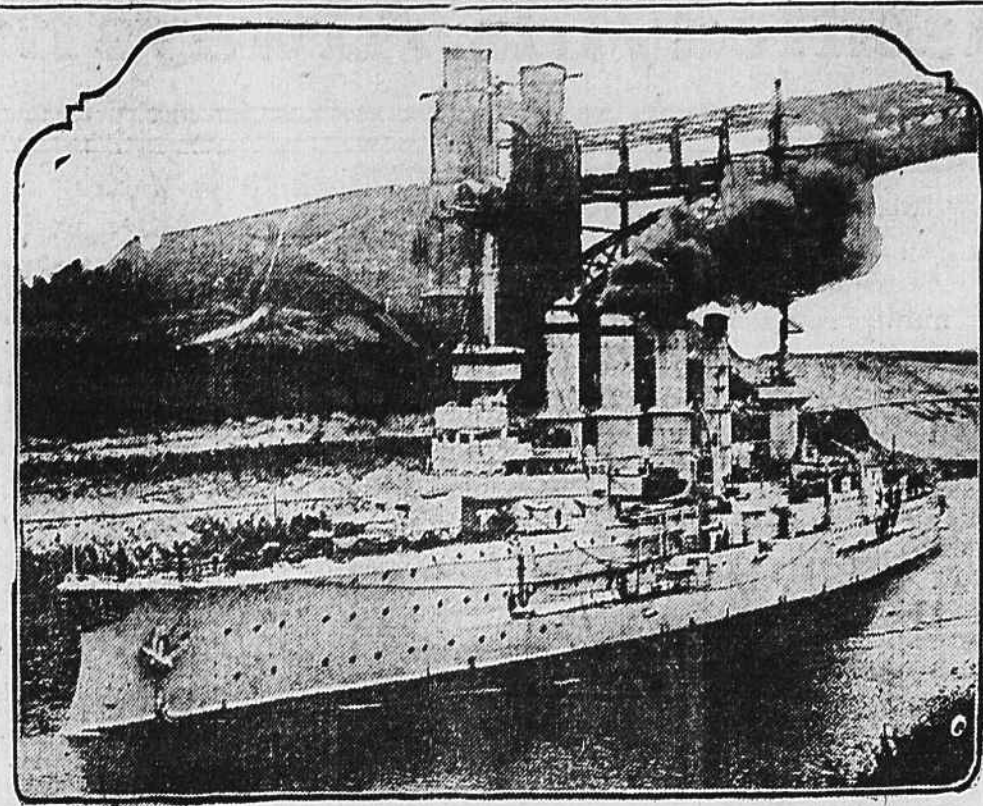
In a city where the mother has not only plenty of private physicians, but hospitals, dispensaries and clinics at her service, it should be possible for her to have the necessary medical attention to keep her well.

In rural districts where medical attention is more difficult to secure, owing to the long distance the doctor often has to travel, the mother should endeavor to see him now and then, and should send a sample of the urine to be examined, as often as may be practicable, particularly during the last three months.

The pamphlet on Prenatal Care, already mentioned, gives advice regarding the hygiene of pregnancy, which mothers will find useful.

It is exceedingly important that the ailments of pregnancy be dealt with in the beginning, before they develop into more serious matters. At the first appearance of swollen hands and feet, of persistent headache, of pain before the eyes, a good doctor should be called.

BIG GERMAN CRUISER HELPED RAIDER, SAY APPAM PASSENGERS



The Roon.

According to passengers of the British steamship Appam, now a German prize at Norfolk, Va., the powerful German cruiser Roon stood by while a vessel whose identity is still a mystery, forced eight British steamers into submission. The Roon belongs to the 21-knot armored cruiser class, and was turned out from the Kiel dockyards in October, 1905.

wounds, but neglect to keep watch of the work from year to year. In a single season cracks or checks will often appear in the painted area, especially if the wound was not carefully covered in the first place. When cracks appear they should immediately be filled and the whole surface repainted (with tar, paint or asphalt) in order to prevent as far as possible the entrance of decay producing germs.

One of the best, though little used, methods of counteracting the danger arising from such cracks is to cover the pruning wound with sheet metal in addition to the usual treatment. This can be done by following the brief directions tabulated below, in the order mentioned:

(1) Trim the wound so that its surface will be approximately a straight line lengthwise of the limb or trunk. Crosswise the surface may be flat in small wounds, or curved in large ones to conform with the general contour of the limb or trunk.

(2) Paint the edges of the bark and adjoining wood with shellac immediately after making the final cut, or at least as soon as the surface is sufficiently dry.

(3) Apply an antiseptic wash to the remainder of the exposed wood. (4) Trim a piece of tin, zinc or thin sheet iron so as to fit closely over the wood of the wound, though not sufficiently large by a sixteenth or an eighth of an inch on all sides to reach the thin layer of living tissue (the cambium) between the bark and wood.

(5) As soon as the shellac is dry, paint the surface of the wood that is to be covered by the sheet metal with hot asphalt, taking care to cover thoroughly every part of it. Do not at this time paint over the cambium and bark, as the unpainted portions will serve as a convenient guide for placing the sheet metal, the inner surface of which should also be painted. Tar or paint may be substituted for the asphalt, if desired.

(6) Tack the sheet metal over the surface of the wound by means of slender brads or tacks, placed about a half inch apart close along the margin. See that the margin of the metal does not overlap the cambium at any point, and particularly be careful that the cambium is not bruised during any part of the operation.

(7) Paint the surface of the metal and the exposed margin of wood and bark with hot asphalt (or tar paint) so as to make the edges air tight and waterproof and the surface rustproof. Healthy new wood and bark commonly start to grow over the metal in a single season, thus sealing its edges with living tissues.

At times this method develops certain defects, especially when weather conditions are such that there is a sudden and striking contrast in the expansion and contraction of wood and metal. Under such conditions the brads and edges of the metal may become loosened or the edges of the new growth be injured.

SQUASH SPRINGS UP FROM A SEED FOUND IN CAVE

Had Been Sealed Up in Room by Cliff Dwellers Many Ages Ago.

LOS ANGELES, Feb. 12.—Rivaling the discovery of the Aztec bean nearly fifteen years ago, seed has been found in the prehistoric cliff dwellings of Arizona along the Verde river that had been planted and grown into a huge green, extremely warty squash, which has been named the "Aztec." The squash was grown from a seed hundreds—perhaps a thousand—years old, and in the Verde country is considered a wonder of the age.

The discovery was made by John G. Allen, of Cherry, Ariz., and in a most novel manner. Allen was fishing along one of the tributary creeks of the Verde, and his skill with the rod seemingly failing him, he decided to see if he could not make his trip a profitable one by hunting the ruins for pottery left by some prehistoric tribe.

Making his way into one of the larger rooms of the cliff dwellings he noticed a portion of the wall that appeared as if some time or other it had been closed up. Further investigation proved that he was right, for he easily broke through the wall at

Takes Wise Player to Lay Good Poker Hand

Sharp with Four Deuces Offers to Bet \$100 His Hand is Beaten.

"Any seed can call, but it takes a wise bird to lay down a good hand." So saying, the opener, after displaying three nines, threw his hand into the discard. The man who had won the pot by drawing one card and betting the limit, \$5, started to follow suit, first showing his cards to the player on his left, says the Washington Post.

"Wait a minute," said the opener. "Let's take a peek at that suit." "You didn't pay to see it, did you?" inquired the winner. "The fact that I did not, in no way lessens my right," declared the opener. "O hand shown to one player must be faced on the table on demand of any of the others, according to all the rules of poker."

Winner Must Show Hand. The question being left to the assembly, it was decided that the contention of the opener was correct. The winner thereupon laid down four spades and a club.

"Feel any more reconciled?" he asked with a patronizing grin. "I wasn't going to expose you, but if you insist on being shown up as a boob, don't blame me."

When three hours later the game ended, and they cashed in, the man who had put over the bluff was \$60 out, while the man he had run to cover was \$120 to the good.

"You've the old and never failing consolation," said the winner. "No one bluffed you out of a cent."

Called Too Many Pat Hands. "I know a man," he continued, "who lost a house and lot valued at \$10,000 calling pat hands. It seemed he just couldn't be made to believe there was any such animal. In other respects he was a fairly good poker player, but whenever an opponent refused to draw he immediately sized him up for a bluff."

"Part of the time he was right, of course, but so often was he wrong that at the end of a year or so he was down to a shoestring. Then he changed his system, borrowed a stake and started in again. What the new system was he failed to reveal, but one part evidently was in holding good cards at the right time and laying off opponents with pat hands."

"If I had all the dollars I have tossed into the center of a round topped table feeling I was beaten, I could retire now and live comfortably the rest of my life. The argument so often advanced when a poor call is made is that it was forced. No man is forced to make a call, but many think they are. To know when you are licked is the real science of poker."

Laid Down a Great Hand. "To illustrate, I remember seeing one of the best poker players I ever knew resign, without a struggle, a hand that nine men out of ten would back for the limit of their stacks, and then some. This boy was a real poker player and played real poker. Anything less than a \$10 limit failed to arouse in him the slightest enthusiasm. He preferred table stakes, \$100 buyout."

"He knew the value of a hand not only when it belonged to him, but when held by an opponent, which knowledge, on occasions, is of much value. Also, as with every man whose experience extends over a period of two weeks, he had profound respect for a one card draw."

"It is well to remember when a player asks for one card that on the show down he may have any number of influential hands. Two pairs, three, a straight, flush, a full house or even a set of fours may be developed. Then there is the possibility, but not the probability, of a royal flush, the unbeatable hand, and the combination that is woven into the dreams of all followers of the national game. I've held a few of these hands and bumped

this place and discovered a small room or recess which contained pottery, corn cobs and about a dozen seeds that resembled ordinary squash seed. The room had been sealed so tightly that not even a mouse could make its way into it.

It was too late to plant the seeds at the time of their discovery last year, so they were not planted until early last spring. Of the twelve seeds only one came up, and the plant from it carried one large squash which weighs twenty-five pounds.

into a lot more. We all have. Knew When to Lay Down. "My friend's poker experience, as I have remarked, covered quite a number of years. He took a considerable pride in his judgment and had no hesitancy in backing it to the limit. Likewise, when he felt he was defeated, he was just as willing to retire, a combination which made him a great player. The size of a bet influenced him not at all. He was as willing to call for his stack as he was to lay down for a \$2 wager. This made him an interesting, not to say a dangerous, opponent."

"It happened one night that I was sitting next him in a game in which the hands had been running high all evening. Threes were of ordinary occurrence, straights, flushes and full houses not infrequently and an occasional set of fours helped to enliven the proceedings. We were playing all jackpots. On my deal my friend opened 'under the guns' for \$3. The next two men stayed and the third boosted it \$5."

Call for Their Cards. "Five more," said the opener. They all stayed. The opener drew two cards and the next man one. The next player and the man who had made the original raise asked for two. "The opener, with about \$150 in front of him, bet \$10. The man who had drawn one, made it \$20 more. The next player dropped, while the one who had started the trouble called."

"My friend scanned his cards, then counting out \$50 in checks, pushed them toward the center. "Let's make it a good one," he said. "Thirty more."

"The one card player merely called. Not so, however, with the man who had drafted two. 'Play for 'em all,' he said, and set in his entire stack. "To call would cost my friend \$100, but knowing his tendency to back his hands, there was no doubt in my mind as to what he would do. However, without more than a second's hesitation, he threw his hand into the discard."

"That's good," he said. Found He Had Fours. "Thinking he had been caught 'out on a limb,' a picked up the cards preparatory to the next deal, took a sly glance at his hand and immediately lost control."

"Say," I demanded, "is this a plain case of sudden insanity or did you misread your hand?" "What's the matter?" he inquired, without a trace of emotion. "Do you know that you have thrown away a set of fours?" "What of it?" he said. "They were only deuces."

"Only deuces! What do you have to hold to venture a bet?" "You forget there are a lot of hands in a poker deck that will beat four measly deuces," he said. "Any time they bet 'em for me, they can have the parlor carpet and the bowl with the goldfish," I answered. "My opinion is that you are a poor spineless simp and that you ran with the best hand."

Willing to Back His Judgment. "This statement appeared to get his goat. "Say," he demanded, "what gives you the right to horn in on this play? You're not interested financially, but if you care to bet I'm willing to make you a little private wager of \$100 on the side that those four deuces were beaten."

"You're on," I said. "Hold on a minute," interjected the man who had won the pot. "At the risk of being termed a buttinsky I'm going to decide this bet before it is made," and he laid down four tens. "Afterward my friend confided to me that he wasn't going to take my money, as he felt he was betting on a sure thing."

"What gave you such confidence in your judgment?" I inquired. "The Science of the Play. "It was a pipe," he answered. "You remember the winner called the first raise of \$20 made by a man who had drawn one card, hoping, of course, to get a call from me also. When he came back at me after I had made it \$50 to play, I was as certain he had fours as I am that poker is played with five cards. His \$100 raise indicated his belief that he had a well nigh invincible hand, the situation not being one to call for a bluff. I simply acted in accordance with what I considered good judgment. It was poker, that's all."

"Later during the same evening I saw him call a \$50 bet offered by a

FOR A VALENTINE PARTY

Your party may be very simple or very elaborate, but if you do not have a number of fun making games to play, it will not be a real success. There are just as many games appropriate to St. Valentine's Day as there are to Halloween, and they are quite as good fun.

For example, there is the "fortune telling game." This needs a little preparation in advance. First you must prepare as many small cheese-cloth bags as there are guests. Each one must be filled with some household provision, as flour, sugar, salt, pepper, tea, baking powder, etc., and in each one must be placed a little home made rhyme, telling an appropriate fortune for the one who picks it out. The girls' bags are put into one basket and the men's bags in another. First a girl picks out a bag from the basket, opens it and reads her fortune, and then a man chooses a bag from the men's basket and follows suit.

Must Be Appropriate. Appropriate rhymes are easy and lots of fun to make. For example, in a bag holding sugar to be put in the men's basket, some such rhyme as this might be placed: "Your bride will be sweet as me; you'll both live long and happily."

The baking powder might go in either a man's or a girl's bag with some jingle like this: "You'll live alone, for you are wise, and up to fame you're sure to rise." In making out riddles, they must fit the provision enclosed. Remember that spice means variety, changeability, that ice is the sign of speediness, that tea is the token of spinsterhood, that salt means sterling worth (the salt of the earth), the pepper means vim and energy, and so on. For each staple you can find some fortune telling rhyme and all the guests will enjoy their share of the fun.

A game which creates much merriment and requires very little preparation is a valentine variation of the old fashioned donkey party. In the center of a sheet is painted a large red heart. Each guest is presented with an arrow cut from cardboard, gilded and pierced through the center with a pin. The players are blindfolded in turn and told to pin the arrow as near as they can to the center.

man who had drawn one card with jacks and sixes, and win the pot. It's all in knowing when."

of the heart. The man or girl coming nearest to the goal will be the first to marry and receives a prize symbolic of this happy event. For the man and woman whose arrows strike farthest from the heart there are prizes suggesting bachelorhood and spinsterhood.

The Supper. For a supper on St. Valentine's Day a heart shaped table, made of thin boards screwed to a kitchen table, will give a remarkably pretty effect. Around the white cloth have festoons of hearts cut from red cardboard and strung on red baby ribbon. The candles and shades also should be red. To each candle shade there should be a heart shaped shield made of red paper carnations, each shield being pierced with an arrow made of silver cardboard. The centerpiece should be formed of a flat heart of red carnations. Red and white hearts will provide the finishing touch.

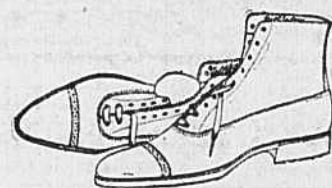
Boy Saved By a Dog

Canine's Bark Brings Crowd to Rescue of a Drowning Youth.

NEW YORK, Feb. 12.—George Goodridge 11 year old son of John W. Goodridge, vice president of the Litchfield Construction Company, came near giving his life trying to save a pet Boston terrier in the icy water of Prospect Park lake. As it was the dog saved him by calling rescuers, who formed a human chain and dragged the youngster from the lake.

The boy started out from his home at 292 Marlborough road, Flatbush, for a walk with his dog. They went in the ocean avenue entrance to the park, the dog on a leash. Suddenly the terrier broke away and dashed out upon the thin ice. Fifty feet away was an air hole, six feet wide, and the dog could not stop in time to keep itself from going in. George, although there was less than two inches of ice under foot, went after his pet. The ice on the edge of the hole crumbled and he too went in.

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